

RULES FOR BEAUTY.

How to Preserve a Clear Velvet Skin and Make Eyes and Mouth Attractive.

Would you be beautiful? Then read these rules.

If you are a young woman you may retain your beauty for many years. If you are older you may become far more attractive by giving attention to simple rules for the care of skin, eyes, hair and teeth.

"The coming of the crow's feet means the going of the beauty's feet."

Whether Mrs. Sturwood's assertion that beauty is far more admired and flattered in women than any quality of mind or character be quite true, certain it is that the woman of to-day knows just what steps to take in order to present to friends and lovers her most attractive side. She hasn't the slightest patience with the indifferent one who is content to drift into an ungraceful old age.

There is no more reason for a woman's face and neck becoming yellow and etched with wrinkles than for her voice tones to turn to creakings. At thirty the girl back of her mirror is younger in looks than the woman of to-day is younger in looks than the woman of half a century ago.

Wrinkles have always been the bane and error of a woman's existence. Nothing will keep them at bay so skillfully as cheerfulness. The fretting over the petty things which filled the days of the old style woman has been done away with to a great extent through the broadened lines of womanhood.

Jealousy is said to be the most potent advance agent for wrinkles and age. Severe illnesses, of course, leave their traces on face and form, but there is no earthly reason why they should be lasting, and the woman of to-day who looks old at fifty does so either through ignorance or indifference.

In caring for the skin a woman needs always to consider her own peculiar kind, and after she once understands it she will have little trouble in keeping it in proper condition. Hot water should never be used on the face and neck. It dries up the natural oil of the cuticle and causes a dryness which in time will disfigure the most perfect skin.

The notion prevalent among many women of washing the face in hot water and then massaging into it a cold cream is a great mistake, for the pores will naturally be opened by the hot water and the massaging first one way then another is the surest way possible to distort and enlarge them, and it brings about a result anything but that which is desired.

Soft water and a pure soap are quite sufficient for cleanliness, and it is well to wash the face with a rinse, and a great tonic to the skin, and does more toward making it firm than anything else in the world.

Cold creams are very good to use when the face needs cleansing more than twice a day, though the great objection to them is their softening effect, which renders the skin over-sensitive to outdoor exposure. Almost neutral is a good substitute for the few skins that cannot stand soap. Blanched milk makes the best wash cloth, and wash the only proper towel for drying.

Wash the face briskly with camellia after it is dry; especially rub the chin and up along the sides of the nose. This will carry away positively with the coarsened appearance of the pores, which are larger there than elsewhere on the face. It is always better going out to rub lightly over the neck some harmless powder, or a cosmetic. The former merely protects from the winds, while the latter irritates and oftentimes poisons.

It is to a beautiful complexion is a woman's business. Not only are the pores of the face to be kept active, but those of the entire person also.

The use of robust constitution, it is an excellent thing to take a cold sponge bath every morning on rising. The bath in itself is not so great as the awakening of the skin by the brisk rubbing which follows. A cold bath for those who cannot stand the effect of the cold water is to rub the entire body over with a bristly flesh brush. This may be well accomplished within three minutes and will set the blood a-tinkling wonderfully. The value of this pore awakening cannot be overestimated, and any woman will feel more than repaid by its effect on cheek and brow.

Should a woman, despite cheerfulness and care, find wrinkles coming, the very first thing to do is to use cold cream and massage the portion of the face affected. This must be done intelligently, else it will make matters even worse than they are. If the wrinkles are around the eyes, rub the muscles upward and inward, if around the mouth, then follow the muscles

HOW A CORSET MAY MAKE A WOMAN BEAUTIFUL OR JUST THE OPPOSITE. CORRECT CORSETS.



HOW THE CORSET BEAUTIFIES THE FIGURE.



HOW THE CORSET DISTORTS THE FIGURE.

What Couturieres in Paris Say About Fashions for the Coming Spring.

Couturieres and corset makers in Paris maintain that stays create the ideal form. Carefully selected corsets are to-day responsible in a large measure for the symmetrical proportions of the fashionable figure.

There has been a revolution of feeling among women, and the Venus de Milo is no longer the standard. The figure desired is built upon an entirely new plan.

French women are the representatives of the reigning ideal. Their figures are perfect, their style inimitable.

Both these perfections are due mainly to their corset makers. In an interview with a celebrated maker the secret of success was stated to be this: Define the waist line; free the hips.

By following these two rules fine figures are possible to all. The correctly made corset improves a good figure and remodels a bad one.

There is a tendency among women, especially those inclined to embonpoint, to wear long corsets, thinking thereby to conceal the accumulation of flesh by displacing it. This error of judgment becomes apparent when the science of corset making is explained.

An illustration shows the same figure with perfectly fitted stays and imperfectly fitted ones. The chief characteristic of the properly fashioned corset is the low bust, the gradual curve as the waist line is reached, and the abrupt spring which gives pronounced prominence to the hips. Abbreviated corsets forming a deep girdle, with bones inserted over the hips, and eliminated across the abdomen, will produce the desired effect. By adopting this new style a slender waist is secured, full hips are outlined, and a charmingly proportioned figure is achieved.

Ordinarily the long-waisted corset, with high bust, is sought. This is a mistake. Such a corset pushes up the bust, projects beyond the hip bone, crowding the flesh below the corset, and such examples invariably are quite full across the stomach.

Unlined corsets are preferred, strong coutil is the most satisfactory material, the best of whalebone is an indispensable adjunct. The corset of the day is soft and pliable, yielding readily to every movement, embodying many of the good points of the dress reform waist.

Stays are no longer considered, a necessity to the preservation of the shape of the corset. Whalebones are admirable substitutes.

An excellent corset can be purchased for \$2, warranted to give good service for a year. Much depends upon the cutting, and the science of it remedies defects. Always have your corset fitted to the form.

Economize if you will in the matter of fabrics for gowns, but buy a good corset. Worth declares the American woman to be the best dressed woman in the world. He says she wears her clothing with easy grace, but lacks the "chic" of the Parisienne because she is seldom well corseted.

BRANDED WITH ICE.

The Frigid Instead of the Caloric Treatment Given to Chicago University Initiates.

At Harvard University some years ago a great row was made over the discovery that in one of the societies it was a custom to brand some of the new members with a hot iron, by way of initiation. The Chicago University students have modified this Spartan treatment by using ice instead of the hot iron. Seven neophytes, candidates for Snell Hall, were blindfolded and put through a course of good natured horse play peculiar to college boys. Then one of them, Cleveland by name, was called forward for the branding process.

Cleveland had been a candidate for the '96 eleven, and was anxious to wear a "C" on his football sweater. He was now told that his desire for athletic fame was to be gratified; that is, he was to have the "C" branded on his bare chest. The young athlete was stripped, his hands and feet were tied, and then a hot mustard plaster was applied to his breast, so that he might become "accustomed to the heat." Meanwhile he could hear a hot iron sizzling close at hand. When the young man was just in the right condition of terror the branding was begun. His tormentors, taking a piece of ice, inscribed on his bare breast a large frigid "C," while the poor fellow, with teeth set, writhed in agony. Six other boys were subjected to the same imaginary torture, and they all said that the sensation was painful enough to have been the real thing.

lead, and a rotary motion must be employed. Give the forehead an upward stroke—never a crosswise one.

It is just as common sense a theory to develop the muscles of the face through manipulation as those of the body by exercise. When you get the muscles firm you will have done away with the wrinkles.

There are small facial bulbs to be gotten now at all toilet shops which are clever devices for plumping the face, and if used for five minutes on each cheek and across the forehead before retting there is no possible way of a face becoming wrinkled.

For the woman who through neglect or ignorance has reached the point of despair at seeing the increasing number and depth of crows' feet, there is surest relief in some astringent bleach which will slowly cause the old skin to peel off and with it the wrinkles.

Then the new skin may be so looked after that the peeling off process need not be resorted to again for years.

Although great beauty lies in a clear, pale skin, still a warm blush rose that is greatly to be desired. The only way to secure it is through attention to diet and by outdoor exercise.

If women would take the time to go through some simple sort of gymnastics each morning and at night, they would find great improvement in the fitting of the complexion as well as in the symmetry of the figure. Dumbbells for the average woman should not weight over two pounds each, and if swung for ten minutes night and morning will strengthen and beautify the entire person.

Many women seem not to appreciate the distressing effect of a pretty face and form of a neck that is sallow and wrinkled. This unsightliness is nearly always caused by the wearing of too high and tight collars. If one were to wear a close fitting band about the wrist the result would be the same.

The only way to do away with these lines is to apply the astringent bleach and then massage the muscles thoroughly.

and repeat the rubbing when any sign of their return is seen.

A woman's eyes tell by their brightness or their languor whether or no her heart is young. Yet not one in a hundred knows how to properly look after the eyes to keep them youthful and sparkling, though it is simply the dashing into them of cold water both night and morning. Nothing else has the same magic effect. It not only brightens, but is very strengthening, also.

In the choice of pencils for the lashes care must be taken that the quality is thoroughly good, else great injury may be done them. Well defined and arched eyebrows add character to a face, and their beauty of texture and outline may be improved by simple but intelligent attention. Tiny eyebrow brushes are to be had at toilet shops, and should be used with as great regularity as that for the hair.

Lips to be tempting must be smooth and red, and it is well to rub just a bit of cold cream on them when retiring. Biting of the lips is a very disagreeable habit, and causes unpleasant swellings and red sores.

No woman should allow a day to pass without giving twenty minutes of it to the brushing of her hair. Care must be taken that the brushes be not too stiff, else they will irritate the scalp and cause a form of eczema. There is nothing so easily lost as a fine head of hair, and above all things, it should have careful attention.

The teeth should be brushed at least five times a day. Dentists say that it matters little what wash or powder you use so long as the teeth are well brushed.

MME. A. RUPPERT.

TWO LITTLE VOYAGERS.



(From a photograph taken at Inverness.)

THESE TWO TOTS TRAVELLED FROM AMERICA TO ENGLAND

Thomas and James Walker, Five and Four Years Old, Cross the Ocean Alone.

You can ship babies by express nowadays as easily as you can ship trunks, boxes or barrels of apples. Two small children, who are almost babies, were the other day sent across the ocean on board the Lucania.

These two little fellows are Thomas Walker, aged five, and his brother James, who is four years old. They had been left homeless in Stanton, Va., owing to the death of their parents.

Their grandmother, however, lives at Inverness, Scotland. She is anxious to bring up and educate the little boys, and sent for them to come to her, she being too old to make the long journey to America for the purpose of bringing them to Scotland with her.

The Cunard Steamship Company under-

took the responsibility of seeing the boys safely across the ocean. They were detained at Philadelphia by an attack of whooping cough, but once they got on board of the Lucania they became the pets of the officers and crew.

A steward was specially detailed to look after them, and he saw to it that they had every comfort. A kindly stewardess took a motherly interest in the little ocean travelers.

They thoroughly enjoyed themselves on board the ship.

At Liverpool their grandmother met them at the pier, and they are now safely installed in her home at Inverness. Here the young American-born boys will grow up.

It is doubtful if they will remember their voyage across the Atlantic, although they are likely to preserve indelible memories of their Virginia home. They are the youngest travellers who have ever made the ocean voyage unattended.

The immigration authorities at Ellis Island would not permit the entry of children into this country unattended by their parents. In several instances babies have been brought to this country by aunts and cousins, to be delivered either to one of their parents in the West or to be permanently adopted if the parents were dead.

Children about fourteen years of age sometimes come across in the steerage age "for delivery," as the Ellis Island authorities say. These children are carefully taken from the steamer and put on board their train, the conductor of which is invariably asked to keep an eye on them and see that they get off at the right place. The people to whom they are going are also telegraphed to meet them.

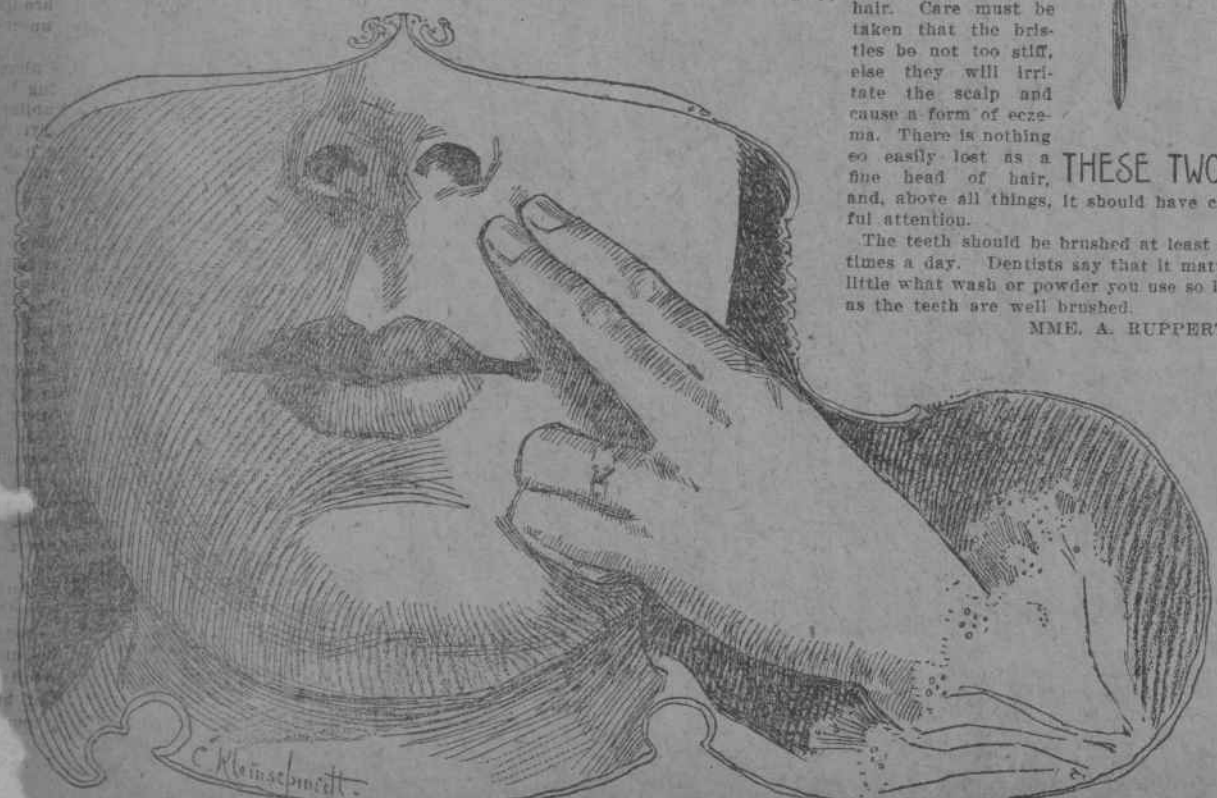
A 90-YEAR-OLD LIFE-SAVER

The Strange Old Samaritan of the Sea Who Lives on a Lonely Island in the South Atlantic.

Peter W. Green, the Governor of a group of three tiny islands of volcanic origin off the African coast, in the South Atlantic, an geographically known as Tristan d'Acunha, is one of the most remarkable life-savers in the world. For sixty years and more he has made life saving from shipwreck his business, having little else to do, as he expressed himself to a recent visitor, the captain of the English mail boat which touches at the islands once a year.

Mr. Green is a native of England, and now in his sixtieth year. At the age of thirty, when sailing before the mast on a British vessel, he was wrecked near Tristan, and he and several companions were saved by the exertions of the natives. His friends, some time later, were taken on board a passing ship, but Green remained there, and in the following year was nominated Governor of the islands because of his wisdom and the esteem in which he was held. That office he has held ever since, combining with it the duties of a clergyman and a doctor.

Green has always been on the lookout for persons and ships in distress, and he has saved many hundred lives from certain death on the rocky coast, the rescued ones being of all nationalities. The Governor has received decorations and medals from almost every monarch in the world in recognition of his humane efforts. The United States Government presented him with a handsome gold chronometer and chain. His own sovereign, Queen Victoria, sent him recently a most appropriate present, namely, a life-saving boat, with apparatus of the newest models. The islands which he governs contain only from fifty-five to sixty inhabitants, poor natives, whom Governor Green has educated to be like himself, samaritans of the sea. The like himself, samaritans of the sea.



MASSAGE TO BEAUTIFY THE MOUTH AND LIPS.



MASSAGE FOR THE EYE TO GET RID OF CROWS' FEET.